

**CLAIMS**

What is claimed is:

1. A method for prioritizing actions in order to balance the comprehensive health of a user, said method comprising the steps of:

monitoring current health parameters for a particular user at a personal health monitoring system, wherein said current health parameters includes a plurality of monitored physical parameters and a plurality of monitored environmental parameters;

receiving a plurality of actions for selection by said particular user at said personal health monitoring system; and

prioritizing said plurality of actions according to said current health parameters and designated allowances for said particular user at said personal health monitoring system, such that said personal health monitoring system aids said particular user in selecting from among said plurality of actions in order to balance the comprehensive health of said particular user.

2. The method for prioritizing actions in order to balance the comprehensive health of a user according to claim 1, said step of monitoring current health parameters for a particular user at said personal health monitoring system further comprising the step of:

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6 monitoring medication intake by said particular  
7 user.

1 3. The method for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 1, said step of monitoring current health  
4 parameters for a particular user at said personal health  
5 monitoring system further comprising the step of:

6 monitoring food and liquid intake by said particular  
7 user.

4. The method for prioritizing actions in order to  
balance the comprehensive health of a user according to  
claim 1, said step of monitoring current health  
parameters for a particular user at said personal health  
monitoring system further comprising the step of:

monitoring environmental exposure of said particular  
user.

1 5. The method for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 1, said step of monitoring current health  
4 parameters for a particular user at said personal health  
5 monitoring system further comprising the step of:

6 monitoring exercise performed by said particular  
7 user.

1       6.    The method for prioritizing actions in order to  
2       balance the comprehensive health of a user according to  
3       claim 1, said step of monitoring current health  
4       parameters for a particular user at said personal health  
5       monitoring system further comprising the step of:

6               monitoring bodily health indicators for said  
7       particular user.

1       7.    The method for prioritizing actions in order to  
2       balance the comprehensive health of a user according to  
3       claim 1, said step of receiving a plurality of actions  
4       for selection by said particular user at said personal  
5       health monitoring system, further comprising the step of:

6               receiving a plurality of selectable medication  
7       orders at said personal health monitoring system from a  
8       physician accessible server system.

1       8.    The method for prioritizing actions in order to  
2       balance the comprehensive health of a user according to  
3       claim 1, said step of receiving a plurality of actions  
4       for selection by said particular user at said personal  
5       health monitoring system, further comprising the step of:

6               receiving a plurality of selectable food menu items  
7       at said personal health monitoring system from a  
8       restaurant menu server.

1       9.    The method for prioritizing actions in order to  
2       balance the comprehensive health of a user according to

3 claim 1, said step of receiving a plurality of actions  
4 for selection by said particular user at said personal  
5 health monitoring system, further comprising the step of:

6 receiving a plurality of selectable electronic  
7 recipes at said personal health monitoring system from an  
8 electronic recipe server.

1 10. The method for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 1, said step of prioritizing said plurality of  
4 actions according to said current health parameters and  
5 designated allowances for said particular user at said  
6 personal health monitoring system, further comprising the  
7 step of:

8 determining a priority level at which sufficient  
9 allowances are available for each of said plurality of  
10 actions in view of said designated allowances, wherein  
11 said designated allowances includes at least one type of  
12 allowance from among time allowances, financial  
13 allowances, and health allowances.

1 11. The method for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 1, said step of prioritizing said plurality of  
4 actions according to said current health parameters and  
5 designated allowances for said particular user at said  
6 personal health monitoring system, further comprising the  
7 step of:

8 determining whether each of said plurality of  
9 selectable actions are allowed according to a plurality  
10 of conditional requirements for allowance of said  
11 plurality of selectable actions.

1 12. The method for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 1, said method further comprising the steps of:

4 transmitting said plurality of actions, said health  
5 profile and said designated allowances to an alternate  
6 decision making system; and

7 receiving a prioritization of said plurality of  
8 actions from said alternate decision making system at  
9 said personal health monitoring system.

10 13. The method for prioritizing actions in order to  
11 balance the comprehensive health of a user according to  
12 claim 1, said method further comprising the step of:

13 filtering said plurality of actions according to  
14 electronic preferences designated by said particular use  
15 at said personal health monitoring system.

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1 14. A system for prioritizing actions in order to  
2 balance the comprehensive health of a user, said system  
3 comprising:

4 means for monitoring current health parameters for a  
5 particular user at a personal health monitoring system,  
6 wherein said current health parameters includes a  
7 plurality of monitored physical parameters and a  
8 plurality of monitored environmental parameters;

9 means for receiving a plurality of actions for  
10 selection by said particular user at said personal health  
11 monitoring system; and

12 means for prioritizing said plurality of actions  
13 according to said current health parameters and  
14 designated allowances for said particular user at said  
15 personal health monitoring system, such that said  
16 personal health monitoring system aids said particular  
17 user in selecting from among said plurality of actions in  
18 order to balance the comprehensive health of said  
19 particular user.

1 15. The system for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 14, said means for monitoring current health  
4 parameters for a particular user at said personal health  
5 monitoring system further comprising:

6 means for monitoring medication intake by said  
7 particular user.

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1 16. The system for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 14, said means for monitoring current health  
4 parameters for a particular user at said personal health  
5 monitoring system further comprising:

6 means for monitoring food and liquid intake by said  
7 particular user.

10 17. The system for prioritizing actions in order to  
11 balance the comprehensive health of a user according to  
12 claim 14, said means for monitoring current health  
13 parameters for a particular user at said personal health  
14 monitoring system further comprising:

15 means for monitoring environmental exposure of said  
16 particular user.

17 18. The system for prioritizing actions in order to  
18 balance the comprehensive health of a user according to  
19 claim 14, said means for monitoring current health  
20 parameters for a particular user at said personal health  
21 monitoring system further comprising:

22 means for monitoring exercise performed by said  
23 particular user.

24 19. The system for prioritizing actions in order to  
25 balance the comprehensive health of a user according to  
26 claim 14, said means for monitoring current health

4 parameters for a particular user at said personal health  
5 monitoring system further comprising:

6 means for monitoring bodily health indicators for  
7 said particular user.

1 20. The system for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 14, said means for receiving a plurality of actions  
4 for selection by said particular user at said personal  
5 health monitoring system, further comprising:

6 means for receiving a plurality of selectable  
7 medication orders at said personal health monitoring  
8 system from a physician accessible server system.

1 21. The system for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 14, said means for receiving a plurality of actions  
4 for selection by said particular user at said personal  
5 health monitoring system, further comprising:

6 means for receiving a plurality of selectable food  
7 menu items at said personal health monitoring system from  
8 a restaurant menu server.

1 22. The system for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 14, said means for receiving a plurality of actions  
4 for selection by said particular user at said personal  
5 health monitoring system, further comprising:



6 means for receiving a plurality of selectable  
7 electronic recipes at said personal health monitoring  
8 system from an electronic recipe server.

1 23. The system for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 14, said means for prioritizing said plurality of  
4 actions according to said current health parameters and  
5 designated allowances for said particular user at said  
6 personal health monitoring system, further comprising:

7 means for determining a priority level at which  
8 sufficient allowances are available for each of said  
9 plurality of actions in view of said designated  
10 allowances, wherein said designated allowances includes  
at least one type of allowance from among time  
allowances, financial allowances, and health allowances.

1 24. The system for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 14, said means for prioritizing said plurality of  
4 actions according to said current health parameters and  
5 designated allowances for said particular user at said  
6 personal health monitoring system, further comprising:

7 means for determining whether each of said plurality  
8 of selectable actions are allowed according to a  
9 plurality of conditional requirements for allowance of  
10 said plurality of selectable actions.

1        25. The system for prioritizing actions in order to  
2        balance the comprehensive health of a user according to  
3        claim 14, said system further comprising:

4                means for transmitting said plurality of actions,  
5        said health profile and said designated allowances to an  
6        alternate decision making system; and

7                means for receiving a prioritization of said  
8        plurality of actions from said alternate decision making  
9        system at said personal health monitoring system.

10       26. The system for prioritizing actions in order to  
11       balance the comprehensive health of a user according to  
12       claim 14, said system further comprising:

13                means for filtering said plurality of actions  
14       according to electronic preferences designated by said  
15       particular use at said personal health monitoring system.

1 27. A program for prioritizing actions in order to  
2 balance the comprehensive health of a user, residing on a  
3 computer usable medium having computer readable program  
4 code means, said program comprising:

5 means for monitoring current health parameters for a  
6 particular user at a personal health monitoring system,  
7 wherein said current health parameters includes a  
8 plurality of monitored physical parameters and a  
9 plurality of monitored environmental parameters;

10 means for receiving a plurality of actions for  
11 selection by said particular user at said personal health  
12 monitoring system; and

13 means for prioritizing said plurality of actions  
14 according to said current health parameters and  
15 designated allowances for said particular user at said  
16 personal health monitoring system, such that said  
17 personal health monitoring system aids said particular  
18 user in selecting from among said plurality of actions in  
19 order to balance the comprehensive health of said  
20 particular user.

1 28. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for monitoring medication intake by said  
5 particular user.

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1 29. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for monitoring food and liquid intake by said  
5 particular user.

1 30. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for monitoring environmental exposure of said  
5 particular user.

1 31. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for monitoring exercise performed by said  
5 particular user.

1 32. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for monitoring bodily health indicators for  
5 said particular user.

1 33. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for receiving a plurality of selectable  
5 medication orders at said personal health monitoring  
6 system from a physician accessible server system.

1 34. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for receiving a plurality of selectable food  
5 menu items at said personal health monitoring system from  
6 a restaurant menu server.

35. The program for prioritizing actions in order to  
balance the comprehensive health of a user according to  
claim 27, said program further comprising:

means for receiving a plurality of selectable  
electronic recipes at said personal health monitoring  
system from an electronic recipe server.

1 36. The program for prioritizing actions in order to  
2 balance a comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for determining a priority level at which  
5 sufficient allowances are available for each of said  
6 plurality of actions in view of said designated  
7 allowances, wherein said designated allowances includes  
8 at least one type of allowance from among time  
9 allowances, financial allowances, and health allowances.

1 37. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for determining whether each of said plurality  
5 of selectable actions are allowed according to a  
6 plurality of conditional requirements for allowance of  
7 said plurality of selectable actions.

1 38. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for transmitting said plurality of actions,  
5 said health profile and said designated allowances to an  
6 alternate decision making system; and

7 means for receiving a prioritization of said  
8 plurality of actions from said alternate decision making  
9 system at said personal health monitoring system.

1 39. The program for prioritizing actions in order to  
2 balance the comprehensive health of a user according to  
3 claim 27, said program further comprising:

4 means for filtering said plurality of actions  
5 according to electronic preferences designated by said  
6 particular use at said personal health monitoring system.  
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1 40. A method for scheduling tasks in order to balance  
2 the comprehensive health of a user, said method  
3 comprising the steps of:

4 monitoring current health parameters for a  
5 particular user at a personal health monitoring system,  
6 wherein said current health parameters includes a  
7 plurality of monitored physical parameters and a  
8 plurality of monitored environmental parameters;

9 receiving a plurality of tasks for said particular  
10 user for scheduling at said personal health monitoring  
11 system; and

12 selecting suitable times for scheduling said  
13 plurality of tasks in view of said current health  
14 parameters and designated allowances for said particular  
15 user at said personal health monitoring system, such that  
16 said personal health monitoring system aids said  
17 particular user in scheduling tasks in order to balance  
18 the comprehensive health of said particular user.

1 41. The method for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 40,  
3 said method further comprising the steps of:

4 receiving said plurality of tasks with a priority  
5 assigned to each of said plurality of tasks; and

6 selecting suitable times for scheduling said  
7 plurality of tasks according to said priority assigned to

8 each of said plurality of tasks and a priority assigned  
9 to each task already scheduled.

1 42. The method for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 40,  
3 said step of receiving a plurality of tasks for said  
4 particular user for scheduling at said personal health  
5 monitoring system, further comprising the step of:

6 receiving said plurality of tasks for said  
7 particular user from an alternate decision making system.

8 43. The method for scheduling tasks in order to balance  
9 the comprehensive health of a user according to claim 40,  
said step of receiving a plurality of tasks for said  
particular user for scheduling at said personal health  
monitoring system, further comprising the step of:

internally determining said plurality of tasks for  
said particular user at said personal health monitoring  
system according to said current health parameters and  
said designated allowances.

1 44. The method for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 40,  
3 said step of receiving a plurality of tasks for said  
4 particular user for scheduling at said personal health  
5 monitoring system, further comprising the step of:

6  
7 receiving said plurality of tasks from said  
8 particular user via an input interface coupled to said



personal health monitoring system.

45. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 40, said step of selecting suitable times for scheduling said plurality of tasks in view of said current health parameters and designated allowances for said particular user, further comprising the steps of:

determining whether a particular task from among said plurality of tasks is schedulable; and

prompting said particular user to determine whether or not to schedule said particular task, in response to determining that said particular task is not schedulable.

46. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 40, said method further comprising the step of:

determining whether each of said plurality of tasks is allowable according to designated conditional time requirements at said personal health monitoring system.

47. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 40, said method further comprising the step of:

scheduling tasks in an electronic schedule according to time allowances designated by said particular user.

48. The method for scheduling tasks in order to balance the comprehensive health of a user according to claim 47, said method further comprising the step of:

indicating whether a scheduled task requires verification of performance.

1       49. A system for scheduling tasks in order to balance  
2       the comprehensive health of a user, said system  
3       comprising:

4               means for monitoring current health parameters for a  
5       particular user at a personal health monitoring system,  
6       wherein said current health parameters includes a  
7       plurality of monitored physical parameters and a  
8       plurality of monitored environmental parameters;

9               means for receiving a plurality of tasks for said  
10       particular user for scheduling at said personal health  
11       monitoring system; and

12               means for selecting suitable times for scheduling  
13       said plurality of tasks in view of said current health  
14       parameters and designated allowances for said particular  
15       user at said personal health monitoring system, such that  
16       said personal health monitoring system aids said  
17       particular user in scheduling tasks in order to balance a  
18       comprehensive health of said particular user.

1       50. The system for scheduling tasks in order to balance  
2       the comprehensive health of a user according to claim 49,  
3       said system further comprising:

4               means for receiving said plurality of tasks with a  
5       priority assigned to each of said plurality of tasks; and

6               means for selecting suitable times for scheduling  
7       said plurality of tasks according to said priority

8 assigned to each of said plurality of tasks and a  
9 priority assigned to each task already scheduled.

1 51. The system for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 49,  
3 said means for receiving a plurality of tasks for said  
4 particular user for scheduling at said personal health  
5 monitoring system, further comprising:

6 means for receiving said plurality of tasks for said  
7 particular user from an alternate decision making system.

8 52. The system for scheduling tasks in order to balance  
9 the comprehensive health of a user according to claim 49,  
said means for receiving a plurality of tasks for said  
particular user for scheduling at said personal health  
monitoring system, further comprising:

means for internally determining said plurality of  
tasks for said particular user at said personal health  
monitoring system according to said current health  
parameters and said designated allowances.

1 53. The system for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 49,  
3 said means for receiving a plurality of tasks for said  
4 particular user for scheduling at said personal health  
5 monitoring system, further comprising:

6  
7 means for receiving said plurality of tasks from  
8 said particular user via an input interface coupled to

9       said personal health monitoring system.

1       54. The system for scheduling tasks in order to balance  
2       the comprehensive health of a user according to claim 49,  
3       said means for selecting suitable times for scheduling  
4       said plurality of tasks in view of said current health  
5       parameters and designated allowances for said particular  
6       user, further comprising:

7               means for determining whether a particular task from  
8       among said plurality of tasks is schedulable; and

9               means for prompting said particular user to  
10       determine whether or not to schedule said particular  
11       task, in response to determining that said particular  
12       task is not schedulable.

13       55. The system for scheduling tasks in order to balance  
14       the comprehensive health of a user according to claim 49,  
15       said system further comprising:

16               means for determining whether each of said plurality  
17       of tasks is allowable according to designated conditional  
18       time requirements at said personal health monitoring  
19       system.

20       56. The system for scheduling tasks in order to balance  
21       the comprehensive health of a user according to claim 49,  
22       said system further comprising:

23               means for scheduling tasks in an electronic schedule



1 58. A program for scheduling tasks in order to balance  
2 the comprehensive health of a user, residing on a  
3 computer usable medium having computer readable program  
4 code means, said program comprising:

5 means for monitoring current health parameters for a  
6 particular user at a personal health monitoring system,  
7 wherein said current health parameters includes a  
8 plurality of monitored physical parameters and a  
9 plurality of monitored environmental parameters;

10 means for receiving a plurality of tasks for said  
11 particular user for scheduling at said personal health  
12 monitoring system; and

13 means for selecting suitable times for scheduling  
14 said plurality of tasks in view of said current health  
15 parameters and designated allowances for said particular  
16 user at said personal health monitoring system, such that  
17 said personal health monitoring system aids said  
18 particular user in scheduling tasks in order to balance  
19 the comprehensive health of said particular user.

1 59. The program for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 58,  
3 said program further comprising:

4 means for receiving said plurality of tasks with a  
5 priority assigned to each of said plurality of tasks; and

6 means for selecting suitable times for scheduling

7 said plurality of tasks according to said priority  
8 assigned to each of said plurality of tasks and a  
9 priority assigned to each task already scheduled.

1 60. The program for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 58,  
3 said program further comprising:

4 means for receiving said plurality of tasks for said  
5 particular user from an alternate decision making system.

61. The program for scheduling tasks in order to balance  
the comprehensive health of a user according to claim 58,  
said program further comprising:

means for internally determining said plurality of  
tasks for said particular user at said personal health  
monitoring system according to said current health  
parameters and said designated allowances.

62. The program for scheduling tasks in order to balance  
the comprehensive health of a user according to claim 58,  
said program further comprising:

means for receiving said plurality of tasks from  
said particular user via an input interface coupled to  
said personal health monitoring system.

63. The program for scheduling tasks in order to balance  
the comprehensive health of a user according to claim 58,  
said program further comprising:



4 means for determining whether a particular task from  
5 among said plurality of tasks is schedulable; and

6 means for prompting said particular user to  
7 determine whether or not to schedule said particular  
8 task, in response to determining that said particular  
9 task is not schedulable.

1 64. The program for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 58,  
said program further comprising:

means for determining whether each of said plurality  
of tasks is allowable according to designated conditional  
time requirements at said personal health monitoring  
system.

65. The program for scheduling tasks in order to balance  
the comprehensive health of a user according to claim 58,  
said program further comprising:

4 means for scheduling tasks in an electronic schedule  
5 according to time allowances designated by said  
6 particular user.

1 66. The program for scheduling tasks in order to balance  
2 the comprehensive health of a user according to claim 65,  
3 said program further comprising:

4 means for indicating whether a scheduled task  
5 requires verification of performance.

1 67. A method for determining health affecting factors,  
2 said method comprising the steps of:

3 monitoring current health parameters for a  
4 particular user at a personal health monitoring system,  
5 wherein said current health parameters includes at least  
6 one of a plurality of monitored physical parameters and a  
7 plurality of monitored environmental parameters;

8 comparing said current health parameters with  
9 predetermined suitable levels of physical parameters and  
10 environmental parameters;

11 determining any health affecting factors causing any  
12 of said current health parameters to be outside of said  
13 predetermined suitable levels for said physical  
14 parameters and said environmental parameters, such that  
15 health affecting factors are determined for said  
16 particular user.

17 68. The method for determining health affecting factors  
18 according to claim 67, said method further comprising the  
19 step of:

20 entering said any health affecting factors into a  
21 health profile for said particular user.